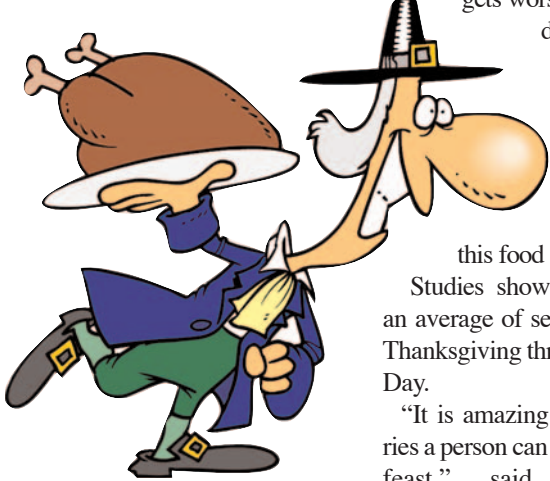


Cut turkey-day fat before it’s 10 extra pounds on your waistline

CPL. THOMAS PERRY
STAFF WRITER

Over the years, Thanksgiving, America’s second favorite holiday has grown from a three-day celebration of thanks between the Native Americans and Pilgrims, into a marketing mega-holiday with parties, parades, football games and family.



Unfortunately, Americans’ waistlines have mirrored the tremendous growth of the Turkey holiday. According to a recent national study, America is the fattest nation in the world, even though we spend the most money per individual on workout equipment.

It is a vicious cycle, and it only gets worse during the holiday season because your grandmother thinks you are too skinny, and your mother “didn’t cook all this food for nothing.”

Studies show Americans gain an average of seven pounds from Thanksgiving through New Year’s Day.

“It is amazing how many calories a person can eat at one holiday feast,” said Dr. Barbara

Struempler, a nutritionist with the Alabama Cooperative Extension System. “That’s not counting eating seconds or leftovers.”

Those who select and prepare holiday meals can help cut down their guest weight gain by selecting low-fat foods and trimming excess fat from meats before cooking.

Ingredient substitutes can greatly reduce the calories and fat in holiday meals too, says Struempler. One common substitute is using low fat, evaporated or skim milk instead of cream in recipes.

Cutting every bit of fat possible out of your holiday meal is especially important if you can not afford an extra seven – 10 pounds.

According to Ivette Dixon, the Naval Hospital Beaufort Health Promotions coordinator, it will take a week of working out and eating right just to lose

a single holiday pound.

So, an extra plate of Thanksgiving dinner could translate into two weeks of salads and sprouts.

A holiday food’s fatty content is not the only reason weight is gained. Serving sizes are another reason people gain weight. Most Americans’ helping of food equals two or three servings. An average serving is three ounces or half a cup or less. It depends on the food.

The holidays are a joyful time for family reunions, get-togethers, good times and fine food. Using a little moderation and common sense can do wonders for holiday dining. Reducing the amount eaten will give you one less thing to worry about during and after the holidays.

Strange Thanksgiving facts:

- Turkeys can drown if they look up when it is raining.

- In the last 20 years, Americans’ love of turkey has soared, with per capita consumption up from 8.3 pounds in 1980 to 18.5 pounds in 2000.

- A spooked turkey can run at speeds of up to 20 mph. They can also burst into flight approaching speeds between 50-55 mph in a matter of seconds.
- Benjamin Franklin wanted the national bird to be a turkey.

- Turkeys are prone to heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.

- Thomas Jefferson thought the concept of Thanksgiving was “the most ridiculous idea I’ve ever heard.”

- Contrary to popular belief, Native Americans did not eat cranberries. They did, however, find them extremely useful for dying fabric and decorating pottery.

- 91 percent of Americans eat turkey on Thanksgiving Day.

- The first meal eaten on the moon by astronauts Neil Armstrong and Buzz Aldrin was roasted turkey and all the trimmings.

- Fossil evidence shows that turkeys roamed the Americas 10 million years ago.

- The Guinness Book of Records states that the greatest dressed weight recorded for a turkey is 86 pounds at the last annual “heaviest turkey” competition held in London Dec. 12, 1989.

- Columbus thought that the land he discovered was connected to India, where peacocks are found in considerable number. He believed turkeys were a type of peacock (they’re actually a type of pheasant.) So he named them tuka, which is “peacock” in the Tamil language of India.

www.
mcrdpi.
usmc.mil



Staff Sgt. Jason Fischer (Left to Right) Sergeant Jeremy Carter, Sgt. Chad Powell, Tennessee Homeland Security Director Retired Maj. Gen. Jerry Humble and the Tennessee Commissioner of Personnel Randy Camp watch Recruiting Station Nashville commanding officer, Maj. Ted Studdard, cut the birthday cake to celebrate the Corps’ 228th birthday at the War Memorial Plaza in downtown Nashville Monday. Tennessee Governor Phil Bredesen proclaimed Nov. 10, 2003, as ‘Marine Corps Birthday Celebration Day’ in Tennessee.

Marines honored for 228 years of faithful service

STAFF SGT. JASON FISCHER
MPA, RS NASHVILLE

Marines from the past gathered with today’s Marines Nov. 10 during a ceremony in Nashville to honor the Corps’ 228th Birthday. While other Marines around the globe were celebrating their heritage and culture, the state of Tennessee was honoring the Marine Corps through the Marines of Recruiting Station Nashville.

In a morning ceremony at downtown Nashville’s War Memorial, which stands at the bottom of the State Capitol building, Tennessee Commissioner of Personnel, Randy Camp, presented a proclamation on behalf of Governor Phil Bredesen to RS Nashville Commanding Officer Maj. Ted Studdard. In the proclamation, the governor highlights colorful moments in Marine Corps history and recognizes the contributions the Corps has made to the world.

In a symbol of camaraderie, active duty Marines from RS Nashville stood with former Marines from the local area during the ceremony. The event featured all the pomp and circumstance of a Marine Corps birthday ceremony, with on-lookers gathering around to see what was taking place. Before them was a formation

of Marines in “dress blues,” colors flying proudly through a brisk morning wind and a traditional birthday cake cut with a shining NCO sword.

Commissioner Randy Camp said it was truly an honor to present the proclamation to the Marines.

“I’ve taken part in many military events, but never one to this degree, either in importance or emotion,” Camp said. “Having the honor to stand

there as a public servant with those who have offered their lives to protect our country and our way of life was one of the most humbling experiences I have ever encountered.”

Joining Camp was Tennessee Director of Homeland Security, Retired Marine Maj. Gen. Jerry Humble. Major Gen. Humble took his current post upon retiring from 33 years of military service in January.

According to Sgt. Robert Alvarez, operations clerk for RS Nashville who was one of the cake escorts, the ceremony helped redefine his reasons for joining the Marine Corps in the first place.

“It was an honor to represent all the Marines, past and present, in celebrating our birthday,” he said. “The fact that the city of Nashville supports the Marine Corps the way it does

reminds me of why I joined, to support and defend the great people of the United States.”

The ceremony was especially moving for Camp, whose father served in the Army under General George Patton, and whose six uncles were all career sailors. He said he believes the Marine Corps’ impact on the nation is undeniable.

“They (his family) have always told me how special the Marines were to them all,” he said. “If only a fraction of society were able to experience the fellowship, love, brotherhood and camaraderie of the Corps, then this country and world would be a far better place.”

But for some of the Marines, the true joy came from standing side-by-side with the Marines who came before them; those Marines who no longer wear a uniform.

“We learn Marine Corps history from the time we join the delayed entry program and we continue to study history as we progress through the ranks,” Alvarez explained. “But to stand next to veterans of great battles is an honor - these guys lived it. The best is to hear that they have many of the same experiences that we do.”

Remembering how the Marine Corps has served in the past coupled with a commitment to serving with that same distinction in the future will help the Corps to stay a vital part of the nation’s heritage and perhaps take part in ceremonies like this one for at least 228 more years.

District News